

## GETTING THE JUNK OUT

### ADDITIVE CATEGORY: PRESERVATIVES

**Includes: Sulfites, Sodium Nitrate/Nitrite, BHA/BHT, Potassium Sorbate**

#### BHA / BHT

BHA/BHT, along with sulfites, tartrazine and MSG, are part of the “Big Four” main additives that are best avoided by people with food allergies or sensitivities, and, therefore, definitely something to eliminate from your diet if you wish to eat clean.

NAMES	WHAT IT IS USED FOR	POSSIBLE REACTIONS	FACTS
<ul style="list-style-type: none"> <li>• BHA – Butylated Hydroxyanisole</li>   <li>• BHT – Butylated Hydroxytoluene</li> </ul>	<ul style="list-style-type: none"> <li>• Preservative, antioxidant</li> <li>• Added to fats and oils to prevent oxidation, slow rancidity and prolong shelf life.</li> </ul>	<ul style="list-style-type: none"> <li>• Affects the nervous system</li> <li>• Behavioural problems in children</li> <li>• BHT – may convert hormones and oral contraceptives into carcinogenic agents</li> <li>• People with hives and asthma often react allergically to BHA &amp; BHT</li> <li>• BHT can be irritating to the liver and kidneys, especially when there is decreased function of these organs</li> <li>• In rats, inhibits growth, causes weight loss, damages the liver, kidneys, causes blindness and elevates blood cholesterol</li> </ul>	<ul style="list-style-type: none"> <li>• Both are petroleum by-products</li> <li>• Was designed for use in rubber</li> <li>• Often used together, although BHA is used more than BHT because BHT may be a little more toxic.</li> <li>• They are almost always listed on the label, except for lard and shortening, in which it is considered an ingredient of the food product.</li> <li>• BHT accumulates in fat tissue</li> <li>• The FDA has set a limit of 50 ppm* of BHA in dry cereals and 200 ppm in shortenings</li> <li>• Liver toxicity is possible but unlikely from the small amounts used in food.</li> <li>• BHT has been banned from all foods in England</li> </ul> <p style="font-size: small;">*ppm = parts per million</p>

#### WHERE IT IS FOUND

- Breakfast cereals – Found in the bag that the cereal is in
- Processed foods such as, instant dehydrated potatoes, soup bases, seasonings, frozen dinners, ice cream, candy, chewing gum
- Baked goods, dry mixes for desserts or beverages, lard, shortening
- Beer, some fruit drinks
- Dog and cat foods, Cosmetics

References:

1. Donsky, Andrea and Randy Boyer (2011). *Unjunk Your Junk Food*. New York, NY: Gallery Books.
2. Haas, Elson M. (1992). *Staying Healthy with Nutrition*. Berkeley, California: Celestial Arts Publishing
3. Winters, Ruth (2005), *A Consumer's Dictionary of Cosmetic Ingredients*. New York, NY: Three Rivers Press
4. Bateson-Koch, Carolee (2002). *Allergies Disease in Disguise*. Burnaby, BC: Alive Books